

A GUIDED REFLECTION BY ORYKL

THE MISALIGNMENT MAP

Ten questions to reveal what's actually calling for change

This is not a quiz. There are no right answers here — only the ones that are true for you.

The questions in this guide are designed to take you somewhere. Not to fix anything, or diagnose you — but to help you see what you may have been too close to notice.

You might find that one question stops you in your tracks. That's usually the one worth sitting with the longest.

You can write on these pages, in a journal, or simply sit quietly with each question. Some people return to the same question over a few days. There's no wrong way to use this.

HOW TO USE THIS GUIDE

- Find a quiet moment — even 15 minutes is enough.
- Read each question slowly before you write anything.
- Don't edit yourself. Write what comes first.
- Return to the questions that feel uncomfortable.
- This is for you alone. There's no one watching.

01

YOUR LIFE

Which area of your life feels most unclear right now — work, relationships, identity, direction, or something harder to name? What does that lack of clarity feel like in your body?

02

YOUR LIFE

On a typical day, what emotion keeps finding you? Not the one you perform for others — the one waiting quietly underneath.

03

YOUR LIFE

If someone who loves you could see your life clearly — without trying to protect your feelings — what might they gently point to as the thing you keep sidestepping?

PART TWO

YOUR PATTERNS

What's been running quietly underneath

04

YOUR PATTERNS

What have you been tolerating for so long that you've stopped questioning whether it has to be this way?

05

YOUR PATTERNS

Where do you keep arriving at the same stuck place, no matter how differently you try to approach it?

06

YOUR PATTERNS

What story about yourself — one you've held for years — might no longer be as true as it once was?

07

YOUR SOUL

When did you last feel genuinely, quietly aligned? Not excited — aligned. What was present in your life then that isn't now?

08

YOUR SOUL

What would you do, be, or let go of — if you stopped performing the life you're supposed to have and started living the one that actually fits?

09

YOUR SOUL

What is trying to emerge in you right now, that you keep putting on hold because the timing isn't right?

10

YOUR SOUL

What do you already know — that you haven't yet given yourself permission to say out loud?

WHAT COMES NEXT

If this reflection has opened something in you — a question, a clarity, or even a gentle discomfort — you don't have to navigate the next step alone.

At Orykl, we connect people with carefully selected practitioners across modalities including intuitive guidance, spiritual psychology, hypnotherapy, and trauma-informed coaching. Each practitioner is reviewed and interviewed before joining.

One conversation can shift everything.

Find Your Match at orykl.com

Answer a few simple questions and we'll guide you to a practitioner aligned with where you are right now.